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Muttaqi, Bangladeshi Parliament Speaker Discuss Trade in Tehran

KABUL: The country's Foreign Minister Mawlavi Amir Khan Muttaqi, in a meeting with the Bangladeshi Parliament Speaker Hafizuddin Ahmed in Tehran, discussed strengthening bilateral relations, with a particular focus on expanding economic and trade cooperation.

During the meeting, the two sides reviewed the current state of Afghanistan–Bangladesh relations and explored opportunities for enhancing commercial engagement, the ministry said in a statement on Saturday.

According to the statement, the discussions centered on ways to deepen economic ties and promote mutually beneficial cooperation that could contribute to sustainable growth in both countries.

Muttaqi highlighted the considerable untapped potential for bilateral trade, stressing that Afghanistan and Bangladesh possess significant

opportunities to increase commercial exchanges and economic collaboration.

He emphasized that effectively utilizing these opportunities would support economic development and strengthen long-term relations between the two nations.

Meanwhile, the Speaker of the Bangladeshi Parliament described the relationship between Afghanistan and Bangladesh as longstanding and historically rooted.

He noted that Afghanistan's ongoing economic reconstruction presents valuable opportunities for expanding trade and business cooperation, expressing optimism that stronger commercial ties would benefit both countries.

The Kabul Times

Global Stance Remains Biggest Barrier to Recognition of Islamic Emirate, Mujahid Says

KABUL: The Islamic Emirate spokesperson Zabihullah Mujahid said that the biggest obstacle to the international recognition of the Islamic Emirate remains the position of countries around the world, stressing that Kabul seeks constructive relations with all nations, including those that previously maintained a military presence in Afghanistan.

Speaking to TOLOnews, Mujahid said the Islamic Emirate wants normal diplomatic relations with all countries and believes the lack of normalization is the responsibility of those states. "We want good and positive relations with all countries of the world, even those that had a military presence in Afghanistan," Mujahid said.

He added that communication with the United States continues despite the absence of formal diplomatic relations, noting that contacts take place both directly and through third countries, including via Afghanistan's embassy in Qatar.

Russia remains the only country to have formally rec-

ognized the Islamic Emirate since it returned to power in 2021.

The Kabul Times

Islamic Emirate Committed to Conducting Development Projects, Mansoor Says

KABUL: The country's Minister of Rural Rehabilitation and Development Mullah Abdul Latif Mansoor, said that the Islamic Emirate remains committed to implementing development projects based on priority needs and the principle of balanced national development.Mullah Mansoor made the remarks during a meeting with Paktia Governor Mawlawi Mehrullah Hammad, the ministry said in a statement on Saturday.

The two officials reviewed Paktia's key development priorities and discussed the implementation of additional infrastructure projects across the province, the statement said.

Governor Hammad called for greater investment in

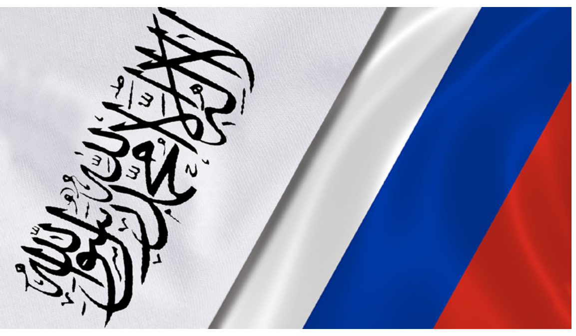
essential public infrastructure, including drinking water supply systems, roads, bridges, and culverts, emphasizing that such projects are vital for improving public services, strengthening connectivity, and supporting economic development.

Minister Mansoor reaffirmed that the ministry selects and implements projects according to national development priorities to ensure the equitable distribution of resources and balanced development across Afghanistan.

The Kabul Times

Kabul, Moscow Hold Second Round of Political Consultations

KABUL: Senior officials from the foreign ministries of Afghanistan and Russia held the second round of bilateral political consultations in Kabul to discuss



a broad range of political, economic, and regional issues aimed at strengthening cooperation.During the consultations, the two sides reviewed the current state of bilateral relations and exchanged views on regional and international developments, the Ministry of Foreign Affairs said in a statement the other day.

Discussions also covered issues related to regional security and stability, with both delegations emphasizing the importance of continued dialogue, the statement said.

Economic cooperation featured prominently on the agenda, as officials explored opportunities to expand bilateral trade, attract investment, and strengthen commercial relations.

The two sides also discussed activating regional transit corridors to facilitate greater economic connectivity and improve trade links, the statement further said.Participants further emphasized the importance of maintaining coordination through regional and international organizations, highlighting the role of multilateral cooperation in addressing shared regional challenges and promoting economic development.

At the conclusion of the consultations, both sides agreed to continue their political dialogue, confirming that the third round of Afghanistan–Russia political consultations will be hosted by Moscow, reflecting the commitment of both countries to maintaining regular diplomatic engagement and expanding bilateral cooperation.

The Kabul Times

Baghlan Hosts Meeting to Strengthen Government–Media Cooperation

KABUL: The Department of Information and Culture of Baghlan province organized a joint coordination meeting bringing together journalists, government spokespersons, media executives, and representatives of organizations supporting journalists to improve communication and strengthen the flow of public information.

The meeting focused on enhancing coordination between government institutions and the media to ensure timely, accurate, and professional dissemination of information.

Participants exchanged views on improving communication mechanisms and addressing challenges faced during news reporting, the Ministry of Information and Culture said in a statement on Saturday.

Speaking at the event, Mawlavi Asadullah Mustafa Hashemi, Director of Information and Culture of Baghlan, reaffirmed the department's support for the media and

emphasized the importance of producing professional, balanced, and high-quality reporting.

He also urged spokespersons of government institutions to provide journalists with timely access to official information and developments.

Representatives of media organizations welcomed the initiative, describing stronger coordination as an important step toward improving public communication and increasing the effectiveness of information sharing.

They also stressed the value of continued dialogue between journalists and government institutions.**The Kabul Times**

Afghanistan's Fresh, Dried Fruit Exports Reach $428.9 Million This Year, Ministry

KABUL: The country exported 182,381 metric tons of fresh and dried fruit worth $428.8 million during the year 1405, the Ministry of Agriculture, Irrigation and Livestock said in a statement on Saturday.

The fruit was exported to numerous international markets, including India, Qatar, Russia, China, the United Arab Emirates, the United Kingdom, Malaysia, Canada, Türkiye, Iraq, Bangladesh, Vietnam, Germany, and several other countries, the statement said.

TheAgricuture ministry said the figures highlight the continued expansion of Afghanistan's agricultural exports and growing demand for the country's produce in regional and global markets.

The Kabul Times

Nearly 340 Afghan Families Return Home From Iran, Pakistan

KABUL: A total of 337 Afghan families returned to the country from Iran and Pakistan in a single day, the High Commission for Addressing Migrants' Problems said in a statement on Saturday.

The commission said 337 families, comprising 1,901 individuals, returned to the country, with 289 families safely transported to their home provinces.

Authorities also provided cash assistance to 377 families, distributed 403 SIM cards, and delivered healthcare services, food assistance, and public awareness programs to support the returnees' reintegration, the statement said.

The Kabul Times

Interior Ministry Distributes Cash Assistance to 250 Needy Families in Kabul

KABUL: The Deputy Ministry for Counter-Narcotics of the

Ministry of Interior distributed 5,000 Afghanis to each of 250 needy families in Kabul, in accordance with a directive issued by the Supreme leader Amir al-Mu'minin.The assistance was provided in the Badam Bagh area to families identified as eligible by the designated provincial committee, the ministry said in a statement on Saturday.The ministry said supporting vulnerable families is both an Islamic and humanitarian responsibility, adding that similar assistance programs will continue in the future.

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Uzair Baryalay, Director of Govt. Dailies
Email: Atvaishan@gmail.com
Editor-in-Chief, Nik Mohammad Nikmal
Email: Nikmal@TheKabulTimes.com
Mob: (+93)700 208 103
Deputy Editor-in-Chief, Fathulbari Akhgar
Mob: (+93)748 076 223
Distribution: 0202 312 509-(+93)766 044 966)
Graphic designers: Baktash, Habibullah Aiman
Translators: Abdul Baqi Haqyar, Noor Ahmad and Hamid Jhwok
Cartoonist: Sayed Hassan Samedi
Address: 8th PD, Olympic Square, East of Chaman-e-Huzori, Kabul, Afghanistan

Food for thought

Today's Generation Guarantees Our Bright Future

Afghanistan and Iran–Building Enduring Ties

The recent high-level meetings between Afghanistan's leadership and Iranian officials underscore a growing commitment to deepen bilateral relations. At a time when regional dynamics are shifting rapidly, Kabul and Tehran appear determined to strengthen cooperation across political and economic spheres, laying the groundwork for a more stable and mutually beneficial partnership.

Afghanistan and Iran share not only a long border but also intertwined histories and cultural affinities. These commonalities have often translated into shared interests, particularly in areas such as trade, energy, and regional security. The latest discussions between senior representatives of both governments reaffirm this trajectory, signaling that both sides are intent on moving beyond rhetoric toward practical collaboration.

Politically, the engagement demonstrates a convergence of outlooks. Both countries face complex challenges in the region, from external pressures to internal development needs. By aligning their positions on key issues, Afghanistan and Iran are sending a message that they intend to pursue balanced foreign policies rooted in mutual respect and sovereignty. This alignment is crucial in a region where external interventions have often disrupted local stability. A cooperative stance between Kabul and Tehran can serve as a stabilizing factor, offering a counterweight to divisive influences.

Economically, the potential for expanded cooperation is significant. Afghanistan, with its strategic location and untapped resources, stands to benefit from closer integration with Iran's more developed infrastructure and markets. Enhanced trade routes, energy projects, and investment initiatives could provide Afghanistan with much-needed opportunities for growth, while Iran gains access to new partnerships that reinforce its regional role. The emphasis on economic affairs during these meetings highlights a pragmatic approach requiring both sides recognize that prosperity and stability are interdependent, and that economic collaboration is the most tangible path forward.

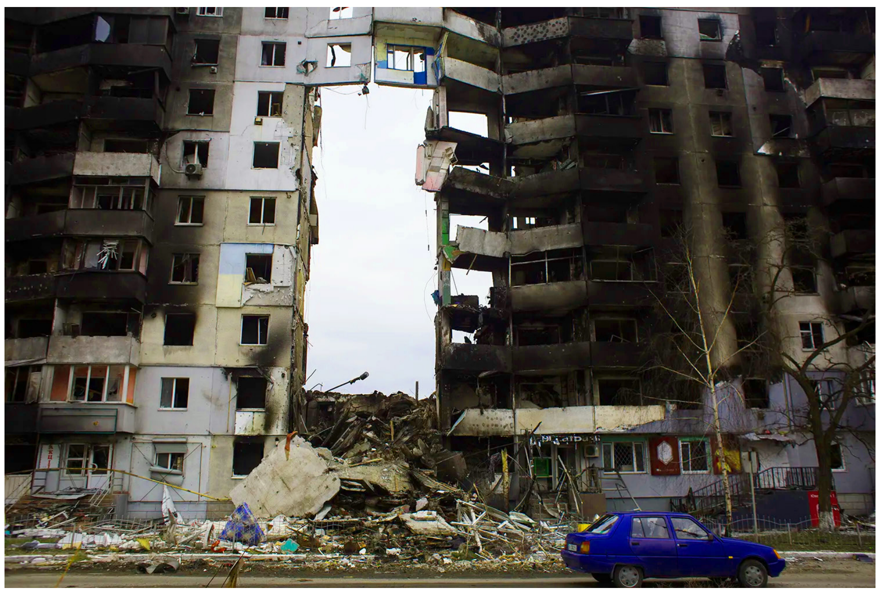
The symbolism of these engagements is also important. In a region often marked by mistrust and competition, Afghanistan and Iran are demonstrating that neighboring states can choose cooperation over confrontation. Their willingness to articulate shared interests and pursue joint initiatives reflects a maturity in foreign policy that prioritizes long-term stability over short-term gains.

The strengthening of Afghanistan–Iran relations should be viewed as part of a broader regional recalibration. As both countries navigate complex geopolitical landscapes, their partnership offers a model of how neighbors can build constructive ties despite external pressures. By focusing on political alignment and economic cooperation, Kabul and Tehran are laying the foundation for a relationship that could endure and evolve, benefiting not only their own citizens but also contributing to wider regional peace.

The meetings between Afghan and Iranian leaders mark a significant step toward consolidating a partnership that is both strategic and necessary. The path ahead will require sustained commitment, but the direction is clear: Afghanistan and Iran are choosing to stand together, forging ties that promise resilience and shared progress.

The Russia-Ukraine War: Its Impact on Global Security and Economic Stability

By: Azar Rasikh



The passage of time and the major developments of the contemporary era demonstrate that the Russia-Ukraine war, which escalated into a large-scale conflict in February 2022, has become one of the most complex geopolitical crises of the twenty-first century. Many observers believe that this conflict is no longer merely a military confrontation between two countries; rather, it has evolved into an arena for competition among major world powers, a test of the international order, and a determining factor in the future of European security and the global economy.

More than four years after the outbreak of the war, neither Russia nor Ukraine has fully achieved its strategic objectives, nor has Ukraine succeeded in reclaiming all of its lost territories. Under these circumstances, the central question remains: where is this war heading, and what will its outcome be?

Political Developments: A War Beyond the Battlefield From the earliest days of the conflict, Russia has described its military operation as an effort to protect its national security, prevent the expansion of NATO, and support Russian-speaking populations in disputed regions. In contrast, Ukraine has characterized the military intervention as a clear violation of its national sovereignty and has continued its resistance with extensive support from Western countries.

The United States, the European Union, and NATO have played a decisive role in sustaining Ukraine's resistance by providing military, financial, and intelligence assistance.

At the same time, Russia has sought to mitigate the impact of Western sanctions by relying on its military capabilities, economic resources, and cooperation with several international partners.

Recent political developments indicate that despite multiple rounds of negotiations and various ceasefire proposals, fundamental disagreements between the two sides remain unresolved.

Russia continues to emphasize the fulfillment of its security objectives and the retention of control over disputed territories.

At the same time, Ukraine insists on restoring its territorial integrity and obtaining long-term security guarantees. As a result, diplomatic negotiations have thus far failed to produce a lasting peace agreement.

Military Dimensions: The Continuation of a War of Attrition In recent years, the nature of the conflict has shifted from rapid military operations to a prolonged war of attrition. Both sides have increasingly relied on drones, long-range missiles, advanced air defense systems, and electronic warfare technologies in an effort to alter the strategic balance in their favor.

In recent months, Russian missile and drone strikes against Ukrainian cities have intensified, while Ukraine has expanded its attacks on Russian military and strategic infrastructure. These developments suggest that the prospect of a swift conclusion to the conflict remains distant.

Global Economic Consequences: Although the primary battlefield remains within Ukraine, the economic consequences of the war have extended far beyond the borders of the two countries.

Rising energy prices, disruptions to global supply chains, increased transportation costs, volatility in grain markets, and higher inflation rates are among the most significant consequences of the conflict.

European countries have spent billions of dollars to reduce their dependence on Russian energy supplies, while Russia has faced extensive economic sanctions.

At the same time, many developing countries have experienced additional economic pressure due to rising food and fuel prices.

Strategic and Security Implications: One of the most important political outcomes of the war has been the strengthening of NATO's position. Member states have increased their defense budgets, while security cooperation between the United States and European countries has expanded significantly. Russia, however, continues to regard this trend as a direct threat to its national security and has emphasized the continuation of its deterrence policies.

If victory is measured by the complete achievement of initial strategic objectives, neither side has attained complete success. Russia has been unable to compel Ukraine to accept all of its demands, while Ukraine has not yet succeeded in recovering all disputed territories. Consequently, many analysts believe that the conflict has entered a phase in which an "absolute victory" for either side appears increasingly unlikely, while the possibility of a future political settlement, although complicated, remains under consideration.

Implications for Afghanistan and the Region

Although Afghanistan is not directly involved in the Russia-Ukraine conflict, it has not remained unaffected by its consequences.

Rising food prices, shifts in global trade routes, fluctuations in fuel markets, and the reduced attention of the international community toward other global crises have all indirectly impacted Afghanistan.

These developments demonstrate that geopolitical conflicts among major powers can significantly affect countries far removed from the battlefield itself.

Possible Future Scenarios: Political experts and analysts have proposed several potential scenarios for the future of the conflict:

* The continuation of a prolonged war of attrition without a decisive victory;
* The establishment of a temporary ceasefire accompanied by political negotiations;
* A gradual political settlement through international mediation;
* Or an escalation of hostilities if diplomatic efforts fail entirely.

Given the current positions of both parties, many observers consider the first scenario—the continuation of a prolonged conflict without a decisive outcome—to be the most likely in the short term.

Conclusion: The Russia-Ukraine war is no longer merely a border dispute; it has evolved into a broader struggle over European security, the global balance of power, and the future of the international order. The longer the conflict continues, the greater its human, economic, and political costs will become.

What has become increasingly clear is that no war produces an absolute winner.

Even if one side achieves tactical or strategic gains on the battlefield, the enormous human suffering, destruction of infrastructure, economic instability, and growing mistrust among global powers will leave lasting consequences for international politics and the global economy for many years to come. Therefore, any initiative capable of promoting dialogue, reducing tensions, and creating conditions for a sustainable peace settlement would not only benefit Russia and Ukraine but would also contribute to the security, stability, and prosperity of the broader international community.

Responsible Mining: A Path Toward Economic Growth and National Stability

By: Nesar Ahmad Tareq

Afghanistan is widely recognized as one of the most resource-rich countries in the region, possessing vast and largely untapped mineral wealth beneath its soil. From iron, copper, coal, lithium, and chromite to gold and precious stones, the country holds an impressive array of natural resources that, if managed properly, could become a powerful engine for long-term economic development and national stability. Yet despite this immense potential, Afghanistan has not been able to fully benefit from its mineral wealth due to years of conflict, weak governance structures, lack of transparency, and in some cases, unregulated or illegal extraction practices.

The concept of responsible mining is therefore not merely a technical or economic idea; it is a strategic necessity for Afghanistan's future. Responsible extraction means utilizing natural resources in a way that is scientifically sound, environmentally sustainable, legally regulated, and socially beneficial. It requires strong institutions, transparent governance, and long-term planning that prioritizes the national interest over short-term gains or private exploitation. Without these foundations, mineral wealth risks becoming a source of instability rather than development.

In many parts of Afghanistan, the absence of proper regulatory frameworks has led to informal or unregulated mining activities. These practices often result in inefficient resource extraction, significant environmental damage, and limited financial returns for the state. In some cases, local disputes over mining sites have even contributed to insecurity and social tensions. Instead of serving as a foundation for prosperity, mineral resources have sometimes become a source of conflict and economic leakage. This reality highlights the urgent need for a comprehensive and structured approach to mining governance.

Responsible mining, when properly implemented, can transform Afghanistan's economic landscape. One of its most important benefits is the creation of sustainable government revenue. Unlike temporary aid or short-term financial assistance, income generated from well-managed mineral resources can provide a long-lasting financial base for national development. These revenues can be reinvested in infrastructure, education, healthcare, and other critical sectors that support human development and economic diversification.

Another key advantage of responsible mining is job creation. The mining sector has the potential to generate thousands of direct and indirect employment opportunities across the country. From extraction and transportation to processing and support services, a well-developed mining industry can significantly reduce unemployment and improve living standards, particularly in rural and resource-rich regions. This is especially important in a country where economic opportunities remain limited for a large portion of the population.

International experience demonstrates that natural resource wealth can either become a blessing or a burden, depending on how it is managed. Countries such as Norway and Botswana provide valuable examples of successful resource governance. Norway, despite having a relatively modest population and finite oil reserves, has built one of the strongest and most stable economies in the world. This success is largely attributed to transparent governance, strong institutions, and the establishment of a sovereign wealth fund that ensures oil revenues are invested for the benefit of future generations.

Similarly, Botswana offers a compelling example from the African continent. Once considered one of the poorest countries in the world, Botswana transformed its economy through responsible diamond mining. By establishing effective partnerships with international companies, ensuring transparent revenue management, and reinvesting mining income into national development, the country achieved sustained economic growth and political stability over several decades. These examples demonstrate that resource wealth alone does not guarantee development; rather, it is the quality of governance that determines outcomes.

For Afghanistan, these lessons are particularly relevant. The country's mineral sector could play a central role in reducing dependency on foreign aid and building a more self-reliant economy. However, this requires a fundamental shift in how natural resources are managed. Strengthening legal frameworks is one of the most important steps in this process. Clear laws and regulations must define ownership, licensing procedures, environmental standards, and revenue-sharing mechanisms to ensure transparency and accountability in the mining sector.

In addition to legal reforms, attracting both domestic and foreign investment is essential. Afghanistan's mining sector requires significant capital, advanced technology, and technical expertise to reach its full potential. By creating a stable and predictable investment environment, the country can encourage responsible investors to participate in resource development projects. This, in turn, can help modernize the sector and improve efficiency in extraction and processing activities.

Capacity building is another critical component of responsible mining. Developing local technical expertise in geology, engineering, environmental science, and resource management is essential for ensuring that Afghanistan can independently manage its natural resources in the long term. Investing in education and training programs will help build a skilled workforce capable of supporting a modern mining industry.

Equally important is the role of local communities in mining projects. In many resource-rich regions, communities often feel excluded from decision-making processes, which can lead to mistrust

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Preserving Culture Amid Modernization: Baihaqi Bookstore Redevelopment

By: Atiqa Arian

The decision by Balkh authorities to demolish and rebuild the Baihaqi Bookstore site in Mazar-e-Sharif as a modern commercial complex has sparked both anticipation and concern. For nearly five decades, the Baihaqi Bookstore has stood as a cultural landmark, serving generations of readers, writers, and publishers. Its transformation into a new commercial center reflects the government's desire to modernize urban infrastructure, yet it also raises pressing questions about how cultural identity can be preserved amid rapid development.

Officials from the Balkh Department of Information and Culture argue that the building, constructed around fifty to sixty years ago, is no longer structurally sound and cannot be classified as a historical monument. They emphasize that the bookstore is at risk of collapse, making reconstruction not only desirable but necessary. Under the proposed plan, part of the new complex will be allocated to booksellers, ensuring that the literary tradition associated with Baihaqi continues in some form. This pragmatic approach seeks to balance safety, modernization, and cultural continuity.

Yet for many booksellers in Mazar-e-Sharif, the Baihaqi Bookstore is more than just a building. It is a symbol of intellectual life, a hub where Afghan authors, publishers, and readers converge to exchange ideas and promote national identity. Speaking to the private TOLOnews Bookseller Mohammad Saboor Amini has urged authorities to preserve the name and identity of the bookstore, stressing that at least one or two floors of the new complex should be dedicated to booksellers and publishers. His appeal reflects a broader sentiment: modernization should not erase the cultural essence of a landmark that has shaped the city's intellectual landscape.

Other booksellers, such as Abdul Manan, have voiced practical concerns. They request temporary spaces to continue their work during the reconstruction period and assurances that they will be given shops in the new complex once it is completed. Their livelihoods depend on continuity, and the uncertainty surrounding relocation has already disrupted business. Hasibullah Hamnawa highlighted the immediate impact: customers no longer have a proper place to buy books, and the decline in accessibility has hurt sales. For these small businesses, the reconstruction project must be accompanied by clear measures to protect their economic survival.

The Baihaqi redevelopment is part of a broader initiative by the Balkh local government to modernize dozens of old commercial buildings around the Shrine of Hazrat Ali (Rawza-e-Sharif). Officials argue that many of these structures are at risk of collapse and must be replaced with modern centers equipped with contemporary facilities. This vision of urban renewal reflects a desire to bring Mazar-e-Sharif in line with modern standards of safety, commerce, and aesthetics. However, modernization must not come at the expense of cultural heritage. The Baihaqi Bookstore, though not ancient, carries immense symbolic weight as a center of learning and cultural exchange.

The challenge, therefore, lies in striking a balance between progress and preservation. On one hand, the city needs safe, modern infrastructure that can support economic growth and attract investment. On the other, it must safeguard the cultural landmarks that give Mazar-e-Sharif

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Migraine: A Common Neurological Disorder

By: Dr. Bushra Parnian

Migraine is much more than a simple headache. It is a neurological condition that affects millions of people around the world and can interfere with work, school, relationships, and daily life. While many people think a migraine is just a severe headache, those who experience it know it can be far more intense. Along with pain, migraines often bring nausea, vomiting, dizziness, and sensitivity to light, sound, or even certain smells. Some attacks last only a few hours, while others continue for several days, leaving the person physically and emotionally exhausted.

Migraines can affect people of all ages, but they usually begin during adolescence or early adulthood. Women are more likely to experience migraines than men, partly because of hormonal changes. However, anyone can develop this condition regardless of age, gender, or background. According to the World Health Organization, migraine is one of the leading causes of disability worldwide, especially among young adults. This shows that migraines are not simply uncomfortable headaches but a significant health issue that deserves proper attention and treatment.

The exact cause of migraine is still not completely understood, but researchers believe it involves abnormal activity in the brain that affects nerve signals, blood vessels, and certain chemicals such as serotonin. Genetics also play an important role. If one or both parents suffer from migraines, their children are more likely to develop the condition as well. Although migraines cannot always be prevented, understanding personal triggers can help reduce the number of attacks.

Many different factors can trigger a migraine. Stress is one of the most common causes. Emotional pressure from work, school, or family responsibilities may increase the risk of an attack. Lack of sleep or even sleeping too much can also trigger migraines in some people. Certain foods and drinks, including aged cheese, chocolate, processed meat, alcohol, and beverages containing caffeine, may contribute to attacks in sensitive individuals. Skipping meals, dehydration, bright lights, loud noises, strong perfumes, weather changes, and hormonal fluctuations are also common triggers. Since triggers vary from person to person, keeping a headache diary can help identify patterns and make prevention easier.

Migraine symptoms often develop in several stages, although not everyone experiences every stage. Some people notice warning signs a day or two before the headache begins. These may include mood changes, food cravings, neck stiffness, increased thirst, frequent yawning, or constipation. About one-third of migraine sufferers experience an aura before the headache starts. An aura may involve flashing lights, blind spots, zigzag lines, numbness, tingling, or temporary difficulty speaking. These symptoms usually last between 20 and 60 minutes before fading away.

The headache phase is usually the most painful part of a migraine. The pain is often described as throbbing or pulsating and commonly affects one side of the head, although both sides may be involved. Physical activity usually makes the pain worse, causing many people to lie down in a quiet, dark room until the attack passes. Nausea and vomiting are common, along with extreme sensitivity to light, sound, and sometimes smell. Concentrating on simple tasks can become difficult, and many people find they are unable to work or attend school during an attack.

After the headache ends, many people experience what is known as the postdrome phase. During this time, they may feel tired, weak, confused, or mentally slow for up to a day. Some describe it as having a "migraine hangover." Although the severe pain has disappeared, it can still take time for the brain and body to fully recover.

Doctors diagnose migraine mainly by reviewing a person's symptoms, medical history, and family history. There is no single laboratory test that confirms migraine. However, imaging tests such as CT scans or MRI scans may be recommended if the symptoms are unusual or if another medical condition is suspected. A careful evaluation helps rule out other possible causes of severe headaches.

Treatment depends on the severity and frequency of migraine attacks. Many people use over-the-counter pain relievers such as acetaminophen, ibuprofen, or aspirin for mild attacks. For moderate to severe migraines, doctors may prescribe medications specifically designed to stop migraine pain, including triptans or newer migraine medicines. Anti-nausea medication may also be prescribed when vomiting is a major problem. It is important to take medicine as early as possible after migraine symptoms begin because treatment is often more effective at that stage.

People who experience frequent migraines may benefit from preventive treatment. Preventive medicines are taken regularly to reduce how often migraines occur and how severe they become. Some blood pressure medications, antidepressants, anti-seizure medicines, and newer injectable therapies have shown good results in preventing migraine attacks. Choosing the right treatment depends on the person's overall health, age, and medical history, so it should always be discussed with a healthcare professional.

Lifestyle changes can make a significant difference in managing migraines. Maintaining a regular sleep schedule, eating balanced meals without skipping breakfast or lunch, drinking enough water, exercising regularly, and managing stress through relaxation techniques can all help reduce attacks. Some people benefit from yoga, meditation, deep breathing exercises, or regular walks outdoors. Avoiding known triggers is also an important part of prevention, although it is not always possible to avoid every trigger completely.

There are several common myths about migraines. One misconception is that migraines are simply exaggerated headaches. In reality, migraine is a neurological disorder with complex symptoms that go far beyond pain. Another myth is that people with migraines should simply "push through" the discomfort. For many patients, the pain and accompanying symptoms are so severe that normal activities become impossible. Understanding and compassion from family members, employers, teachers, and friends can make a meaningful difference in helping someone cope with this condition.

Living with migraine can be frustrating because attacks often occur without warning. Some people worry about making plans because they never know when the next migraine might strike. Missing work, school, or important family events can lead to stress, anxiety, and feelings of isolation. Fortunately, increased awareness and advances in medical research have improved treatment options over the past decade. Many people who once suffered frequent attacks are now able to control their symptoms more effectively through a combination of medication and healthy lifestyle habits.

Researchers continue to study migraine in hopes of developing even better treatments. New medications that target specific proteins involved in migraine attacks have provided hope for many patients who did not respond well to older therapies. Scientists are also

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Rashid Khan Stars as Speen Ghar Defeats Boost in Shpageeza Cricket League

KABUL: The Afghanistan cricket star Rashid Khan delivered another outstanding performance as the Speen Ghar team secured a commanding 59-run victory over the Boost team in the sixth match of the 11th season of the Shpageeza Cricket League in Khost province.

The match saw Speen Ghar dominate both with the bat and ball to earn an impressive victory. Rashid Khan played a key role in the team's success, producing a match-winning performance that helped Speen Ghar maintain control throughout the contest.

Boost struggled to keep pace with their opponents as Speen Ghar consistently applied pressure, eventually securing a comfortable win by a margin of 59 runs.

The result further strengthened Speen Ghar's position in the early stages of the tournament.

The 11th edition of Afghanistan's premier domestic Twenty20 competition features five teams, Band-e-Amir, Mis Ainak, Boost, Amo, and Speen Ghar, and has attracted significant attention from cricket fans across the country.

As the tournament progresses, teams continue competing for a place in the knockout stages, with several of Afghanistan's leading national players showcasing their talent in one of the country's most important domestic cricket competitions.

The Kabul Times

Egypt, Argentina, Colombia Secure FIFA World Cup Round of 16

KABUL: Egypt, Argentina, and Colombia secured their places in the FIFA World Cup Round of 16 after recording victories in Friday's final Round of 32 fixtures.

Egypt reached the knockout stage in dramatic play, defeating Australia 4-2 on penalties following a 1-1 draw after extra time.

The victory marked Egypt's first-ever FIFA World Cup knockout-stage win.

Argentina survived a determined challenge from Cape Verde to claim a 3-2 victory, while Colombia edged Ghana 1-0 to complete the Round of 16 lineup.Egypt will now face Argentina in the next round, while Colombia takes on Switzerland.

The Kabul Times

Afghan Wushu Medalists Honored After Shanghai Cooperation Organization Championships

KABUL: Afghan athletes who won silver and bronze medals at the Shanghai Cooperation Organization Asian Wushu Championships were honored by the General Directorate of Olympic, Physical Education and Sports in recognition of their achievements.

During the competition, Shahzada Safi claimed the silver medal in the 56-kilogram category after defeating opponents from Kazakhstan and Hong Kong in successive bouts before finishing runner-up, the General Directorate of Olympic, Physical Education and Sports said in a statement on Saturday.

Meanwhile, Mohammad Khalid Hotak secured the bronze medal in the 70-kilogram division, adding another podium finish for Afghanistan at the regional championship.Sports officials praised the athletes' performances, describing their success as an important achievement for Afghan wushu on the international stage.

The Kabul Times

Afghan, Iranian Firms Sign Three Cooperation Agreements to Expand Private Sector Partnership

KABUL: More than 200 business leaders, industrialists, and investors from Afghanistan and Iran gathered at the Iranian Embassy in Kabul to discuss expanding bilateral economic and trade cooperation.

According to a statement from the Iranian Embassy in Kabul the other day, the event featured specialized business-to-business meetings between Afghan and Iranian companies operating in construction materials, pharmaceuticals, laboratory equipment, food industries, battery manufacturing, and technical and engineering services.

The gathering concluded with the signing of three cooperation agreements between companies from the two countries, aimed at strengthening private-sector collaboration and promoting broader economic and commercial ties between Afghanistan and Iran.

The Kabul Times

Preserving Culture Amid Modernization...

From P3

its unique identity.

A purely commercial approach risks reducing the Baihaqi site to just another shopping center, stripping it of the intellectual vibrancy that has defined it for decades.

Conversely, a thoughtful integration of booksellers, publishers, and cultural institutions into the new complex could transform it into a modern hub that still honors its legacy.

This redevelopment also raises broader questions about Afghanistan's approach to cultural preservation in the face of modernization.

As cities grow and infrastructure ages, authorities will increasingly face decisions about whether to demolish, restore, or repurpose cultural landmarks.

Each choice carries implications not only for urban planning but also for national identity.

In the case of Baihaqi, the decision to rebuild offers an opportunity to demonstrate that modernization and cultural preservation can coexist.

The voices of booksellers must be central to this process.

Their appeals for dedicated space, temporary relocation, and preservation of the bookstore's name are not mere demands for convenience; they are calls to protect a cultural ecosystem that nurtures literacy, scholarship, and national pride.

By listening to these voices, the government can ensure that the new Baihaqi complex is not just a commercial center but a cultural beacon.

In conclusion, the Baihaqi Bookstore redevelopment is a test of Afghanistan's ability to modernize without losing sight of its cultural soul.

The project must be executed with sensitivity, ensuring that booksellers are supported, the identity of the landmark is preserved, and the new complex reflects both modern standards and cultural continuity.

If successful, the Baihaqi site could emerge as a model for how Afghanistan can build a future that honors its past—a modern commercial hub that remains rooted in the promotion of knowledge, culture, and national identity.

Responsible Mining: A Path Toward...

From P3

and conflict.

By involving local populations in mining initiatives—through employment opportunities, community development programs, and consultation mechanisms—the government can build trust and ensure that resource development benefits are shared more equitably.

This participatory approach is essential for maintaining social stability in mining regions.

Environmental protection must also be a central pillar of responsible mining. Unsustainable extraction practices can lead to severe environmental degradation, including deforestation, soil erosion, water contamination, and air pollution.

These environmental impacts not only harm ecosystems but also threaten the health and livelihoods of local communities.

Moreover, environmental damage often has long-term consequences that affect future generations.

Therefore, strict environmental regulations and monitoring systems must be integrated into all mining projects.

Sustainable mining practices, such as land rehabilitation, waste management, and water conservation, should be mandatory requirements for all operators.

Modern technologies can also play a significant role in reducing environmental harm while improving efficiency.

By adopting international environmental standards, Afghanistan can ensure that its mining sector develops responsibly and sustainably.

Another important aspect of responsible mining is transparency in revenue management.

Without transparency, resource wealth can easily be misused or lost through corruption and inefficiency.

Establishing clear mechanisms for tracking mining revenues, publishing financial reports, and ensuring public oversight can significantly improve governance in the sector. Transparency not only strengthens public trust but also enhances the credibility of the government in managing national resources.

Ultimately, responsible mining should be viewed not only as an economic strategy but also as a national responsibility.

Afghanistan stands at a critical stage in its development, where decisions made today will shape the country's future for decades to come.

If managed wisely, the mining sector can become a cornerstone of economic growth, providing the financial foundation for infrastructure development, industrial expansion, and improved public services.

However, if mismanaged, the same resources could deepen inequality, fuel corruption, and contribute to instability.

The difference lies in governance, planning, and commitment to the national interest.

Responsible mining offers a pathway to break this cycle and transform natural wealth into long-term national prosperity.

In conclusion, Afghanistan's mineral resources represent both a tremendous opportunity and a significant responsibility.

By adopting a comprehensive approach that includes legal reform, institutional strengthening, environmental protection, community participation, and transparent governance, the country can unlock the full potential of its natural wealth.

Responsible mining is not simply about extraction; it is about building a sustainable future where natural resources serve the people, strengthen the economy, and contribute to lasting peace and stability.If Afghanistan succeeds in implementing such a framework, its mineral wealth could become a defining factor in national development—transforming the country from a resource-rich but underdeveloped state into a stable and self-reliant economy capable of meeting the needs of its people for generations to come.

Migraine: A Common Neurological...

From P3

exploring wearable devices that use electrical stimulation to reduce migraine pain or prevent attacks. As research continues, the future looks promising for people living with this challenging condition.

In conclusion, migraine is a serious neurological disorder that affects millions of individuals across the world.

It is characterized by intense headaches accompanied by symptoms such as nausea, sensitivity to light, and difficulty performing everyday activities. Although migraines cannot always be cured, they can often be managed successfully through early diagnosis, appropriate medication, healthy lifestyle choices, and avoidance of personal triggers. Greater public understanding and continued scientific research are helping improve the lives of those affected.

With proper care and support, many people with migraines can continue to lead active, productive, and fulfilling lives despite the challenges the condition presents.